

## I CLAIM:

1. A support pillow comprising:

a U-shaped body skin that defines a U-shaped inner space therein; and

5 a filler that is packed in said inner space and that cooperates with said body skin to form a flexible U-shaped body which includes a bight part and two opposite arm parts extending and angled away from two opposite ends of said bight part to define a recess  
10 thereamong.

2. The support pillow of Claim 1, wherein said body skin is formed with a plurality of separate pockets at said bight part and said arm parts of said U-shaped body, said support pillow further comprising a  
15 plurality of rigid plates that are respectively received in said pockets.

3. The support pillow of Claim 2, wherein said body skin is formed of overlapped inner and outer fabric sheets which are stitched together to form said  
20 pockets.

4. The support pillow of Claim 3, further comprising a pair of opposite loops that are connected to said body skin at said opposite ends of said bight part of said U-shaped body, respectively, and an elastic  
25 strip that is connected to said loops.